

S3 Table. Summary of Studies for CV Disease Risk.

Study ^a	Disease ^b	ES type ^c	Adjustment Variables
<i>Female</i>			
ARIC[40]	CHD	HR	Age, African-American, Cholesterol medication, Current smoker, Diabetic, HDL cholesterol, Hypertension medication, Total cholesterol
CHS[41]	MI	RR	Age, Clinical CVD, Glucose, Race
EPESSE[14]	MI	OR	Age, Antihypertensive medication, BMI, Chest pain on exertion, Diabetes, Prevalent CHD at baseline, Smoking,
FHS[11]	CVD	HR	Age, BMI, Diabetes mellitus, Smoking status, Total cholesterol
FOS[42]	CVD	HR	Age, BMI, Cholesterol, HDL Cholesterol, HbA1c, Smoking, Diabetes
WHI[43]	CVD	HR	Age, BMI, Diabetes mellitus, Current smoking, High cholesterol
WHS[32]	CHD	RR	Age, Alcohol intake, BMI, Current hypertension treatment, Diabetes, Exercise, Parental history if MI before 60y, Smoking status, Randomized aspirin treatment, Randomized beta-carotene treatment, Randomized vitamin E treatment
<i>Male</i>			
ARIC[40]	CHD	HR	Age, African-American, Cholesterol medication, Current smoker, Diabetic, HDL cholesterol, Hypertension medication, Total cholesterol
CHS[41]	MI	RR	Age, Clinical CVD, Glucose, Race
EPESSE[14]	MI	OR	Age, Antihypertensive medication, BMI, Chest pain on exertion, Diabetes, Prevalent CHD at baseline, Smoking,
FHS[11]	CVD	HR	Age, BMI, Diabetes mellitus, Smoking status, Total cholesterol
FOS[42]	CVD	HR	Age, BMI, Cholesterol, HDL Cholesterol, HbA1c, Smoking, Diabetes
PHS[32]	CHD	RR	Age, Alcohol intake, BMI, Current hypertension treatment, Diabetes, Exercise, Parental history if MI before 60y, Smoking status, Randomized aspirin treatment, Randomized beta-carotene treatment
Other[44]	MI	HR	Age, Cholesterol, Left ventricular hypertrophy, PRA, Smoker, Urinary potassium, Urinary sodium

BMI: Body Mass Index; ES: effect size; HDL: High-Density Lipoprotein; HgbA1c: Glycosylated hemoglobin; PRA: Plasma Renin Activity.

^aAbbreviation of study names: ARIC: Atherosclerosis Risk In Communities Study; CHS: Cardiovascular Health Study; EPSE: Epidemiologic Studies of the Elderly; FHS: Framingham Heart Study; FOS: Framingham Offspring Study; PHS: Physician's Health Study; WHI: Women's Health Initiative; WHS: Women's Health Study.

^bAbbreviation of disease names: CHD: coronary heart disease; CVD: cardio vascular disease; MI: myocardial infarction.

^cAbbreviation of ES types: HR: hazard ratio; OR: odds ratio; RR: relative risk.